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All jazzed here for Al Jazeera

Arab broadcaster promises to shake up landscape with Al Jazeera America PAGE 7

In a world ...

... where the voiceover industry is in upheaval (but women still aren't allowed to do trailers), one movie will dare to fight back PAGE 9

MAP DOESN'T HOLD WATER — AN ENTIRE RIVER, IN FACT

GAS-PROJECT GOOF PAGE 3

Pemberton's Slow Food Cycle is an annual gathering of cyclists that bike to meet local farmers. FACEBOOK

Death at cycling event raises call for education

More harm averted. Truck careens past cyclists on way to crash

EMILY JACKSON
emily.jackson@metronews.ca

Cars and bicycles must learn to share the road to prevent yet another traffic fatality, organizations said after a truck crashed near hordes of cyclists in Pemberton on Sunday morning.

A 29-year-old Whistler man died when the truck he was travelling in lost control going around a corner and flipped on Pemberton Meadow Road after passing participants in the annual Slow Food Cycle, an event in which thousands tour the area to meet farmers, according to Whistler RCMP.

"It's amazing that no one else was hurt," Whistler RCMP spokesman Sgt. Rob Knapton said in a statement, adding the truck "narrowly missed" some cyclists, including families with children.

This marks the second death during a major B.C. cycling event this summer. A 16-year-old Victoria teen died when cycling the Enbridge Ride to Conquer Cancer in June after falling into traffic while attempting to pass other riders.

With the RBC GranFondo Whistler approaching on Sept. 7, organizers said it is crucial to mitigate risk as much as possible.

Deal with it

"Whether we want to or not, sharing the road is a reality in our society now and into the future."

GranFondo Canada president Kevin Thomson, in an email

For cycling advocacy group HUB, education among all road users to share the space "respectfully" is a top priority, especially where separated infrastructure isn't possible, executive director Erin O'Melinn said.

HUB sent recommendations to ICBC this spring to improve driver-education training materials and test questions related to bikes, O'Melinn said.

While ICBC has implemented some B.C. Cycling Coalition recommendations, there's a need for "much more comprehensive" education and faster implementation, O'Melinn said.

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Change of venue

'Surrey Six' suspects to be tried in Vancouver

Three men accused of taking part in a gang massacre of six people at an apartment building in 2007 have had their trial next month moved to Vancouver.

Associate Chief Justice Austin Cullen recently moved the Sept. 16 trial of Cody Rae Haevischer, Mathew Johnston and Quang Vinh Thang Le from suburban New Westminster, citing "the efficiency of the trial and the ability to control its process."

Jamie Bacon, one of three brothers police have linked to Vancouver's gang war and who was also charged in the case, will be tried separately, although no date has been set.

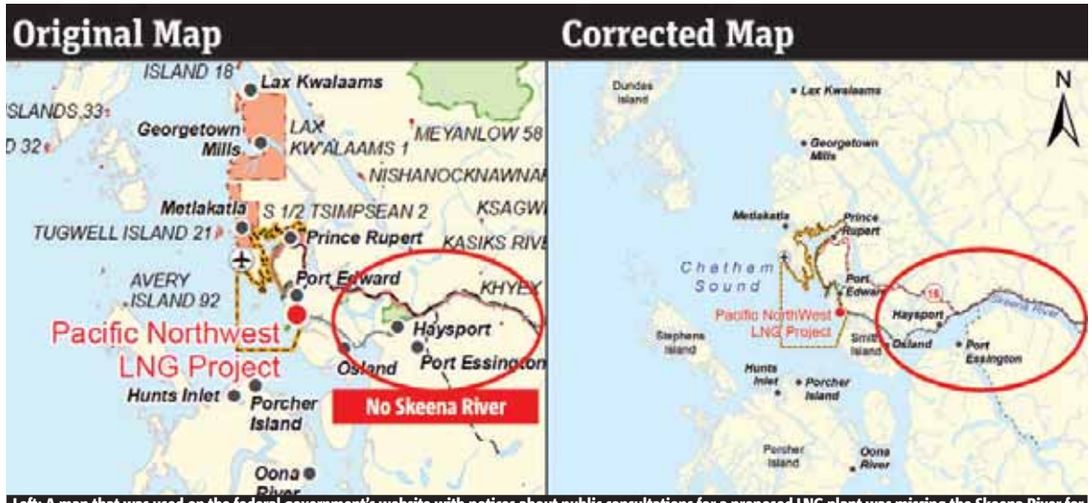
Brock Maitland, Johnston's lawyer, said defence counsel applied to change the location because the trial will be conducted without a jury by Justice Catherine Wedge, who maintains her chambers in Vancouver.

"The defendants' lawyers are all in Vancouver, and for them it's a much better situation to be defending a case that's here, instead of commuting back and forth every day for this long trial," he said, adding Bacon's case is based in Vancouver, too.

Maitland said most of the defendants have about three lawyers each, adding that the Crown may have as many as 10 for the trial.

The killings, known as the "Surrey Six" murders, happened on Oct. 19, 2007, and police have previously said four of the victims were targeted.

THE CANADIAN PRESS



Left: A map that was used on the federal government's website with notices about public consultations for a proposed LNG plant was missing the Skeena River for months. COURTESY STANTEC

Huge river missing in gas-plant description

Where'd it go?
Environmentalists ask for deadline extension for public hearings, saying erroneous map was misleading

KATE WEBB
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Activists are crying foul after B.C.'s second-longest river, the Skeena, was left off a project description for a proposed liquid natural-gas plant near Prince Rupert.

The map of the Pacific NorthWest LNG project was posted online in February by the Canadian Environmental Assessment Agency (CEAA) with an invitation to the public to register for consultations. It was followed by a notice in June encouraging aboriginal and other groups to apply for funding to participate in environmental hearings.

The deadlines for both had passed by the time Prince Rupert's Northern View newspaper notified the company of its mistake in late July.

Acting on behalf of fish-conservation group the T. Buck Suzuki Foundation, West Coast Environmental Law wrote to the CEAA last week asking for those deadlines to be extended in light of the error. Anna Johnston, staff counsel with the firm, said a correct map might have yielded a different public response.

"Members of the public were invited to comment on whether a federal environmental assessment should occur of this project, so without knowing that the Skeena River was adjacent to the project site, they might not have felt concerned about whether or not an environmental assessment should occur," she told Metro.

A revised version of the map that includes the Skeena, which is a spawning ground for struggling sockeye salmon, was posted on the CEAA website in early August.

Both maps were produced by Stantec and commissioned by Progress Energy, a Canadian subsidiary of Petronas, the Malaysian energy giant behind the proposed LNG export terminal. Progress Energy spokesman Spencer Sproule referred questions to Stantec.

Stantec senior principal Ward Prystay said the error was a result of combining federal and provincial data that were incompatible.

"The provincial data sets and the federal data sets in this specific area didn't complement each other," he said, noting that after using layers that show First Nations communities, provincial parks, roads, railways and tidal lines, the Skeena somehow disappeared.

"Where there was missing data, they actually inserted a blue background on it to be able to get the water to show up looking like blue on the (revised) map."

CEAA spokeswoman Karen Fish said in an email that the agency is reviewing the letter and will be responding to West Coast Environmental Law.

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Looking for a place not to call your own?

Renting in Vancouver. Mayor working to help renters find units in a city with one of the lowest vacancy rates in the country

EMILY JACKSON
emily.jackson@metronews.ca

You've scoured Craigslist so frequently you know "garden suite" really means "dingy basement apartment that still costs $1,000 a month," but the mayor doesn't want you to forget about additional city resources when searching for a place to live in Vancouver.

As post-secondary students return to class, the mayor's office sent a statement to remind apartment dwellers of recent city-funded initiatives to support renters.

"Vancouver has one of the lowest vacancy rates in the country, making it difficult to find affordable housing," Mayor Gregor Robertson said in the reminder.

"City hall has taken a number of steps to make it easier for renters to live and work in the city."

The city launched an online rental database in February that shows up-to-date health-and-safety information for rental buildings. If you want to rent an issue-free apartment (or use the problems to negotiate a lower rent), check vancouver.ca/saferental before signing a lease. The website doesn't include condos.

Students should also be aware of the Vancouver Rent Bank, which provides short-term loans to help people avoid evictions. The program is run by the Network of Inner City Community Services Society and funded by the city, Streetohome Foundation and the Vancouver Foundation.

And while it isn't a city initiative, it's always wise to check the bedbug registry at bedbugregistry.com/metro/vancouver.

An apartment building in Vancouver's West End. EMILY JACKSON/METRO

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PNE has strong start

The PNE is off to a "very good start" even though the weather didn't co-operate for its opening weekend.

"We always budget for a few days of rain and cross our fingers it doesn't fall on the key days, which unfortunately, opening weekend is," spokeswoman Laura Ballance said Monday.

But the influx of fairgoers as soon as the rain clouds started to clear up Sunday indicates this year's lower prices might have inspired more people to head to the grounds, Ballance said.

"People do seem to be responding positively. We'll wait until the last ticket is sold on Labour Day and see where we end up," she said, noting that the fair doesn't release attendance numbers until the end.

Ballance expects the remaining concerts will draw crowds — especially to the Beach Boys on Friday night — as will promotions for rides and seniors, brought back after a hiatus.

EMILY JACKSON/METRO

Just between you and me

Admission is free if you show up before 1 p.m. on Tuesday, Aug. 20.

Fisheries department

Investigation launched into video allegedly showing fishermen harming salmon

The federal Department of Fisheries and Oceans says it has launched a formal investigation after a video showing allegedly harmful salmon-release practices was posted online last week.

North Coast area director Mel Kotyk says the department found the images disturbing and investigators will be speaking with companies and vessels to determine if fines or court action is necessary.

Under federal regulations, fishermen are required to quickly sort through their catch and release any fish they weren't targeting with the least possible harm.

However, the video filmed by environmental groups in a pink-salmon fishery just south of Kitimat appears to show other species of salmon laying unsorted on boat decks for upwards of six minutes before being tossed or kicked off the side.

Aaron Hill of the group Watershed Watch says fishing boats targeting pink salmon in B.C.'s northern fisheries may be killing up to 165,000 salmon of other species through improper release practices.

THE CANADIAN PRESS

Officials may free Egypt's former president Mubarak from prison

A court ruling Monday raised the possibility of Egypt's jailed ex-president Hosni Mubarak walking free soon, a move that would fuel the unrest roiling since the autocratic leader's successor was removed.

Mubarak was found guilty last year of failing to stop the killing of some 900 protesters in the 18-day uprising against him. His sentence was overturned on appeal and he is now being retried.

Hosni Mubarak
THE ASSOCIATED PRESS

Two judicial officials said Mubarak could walk free this week or next after a criminal court ordered his release in a corruption case in which he was accused of embezzling funds. There will no longer be any grounds to hold him if a court accepts a petition for his release in a third case.

THE ASSOCIATED PRESS

Muslim Brotherhood

In a separate development early Tuesday, police detained the supreme leader of the Muslim Brotherhood, according to security officials and state TV.

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James Forcillo is the seventh on-duty Toronto police officer to be charged by the SIU with manslaughter or murder since its inception in 1990. CONTRIBUTED

'Justice' seen but fight not over, swears Yatim family

T.O. streetcar killing. Scrutiny turns to other officers following the laying of murder charge

JESSICA SMITH
Metro in Toronto

When Sammy Yatim's family learned the officer who shot him on an empty Toronto streetcar last month was being charged with second-degree murder, they celebrated "justice" having been served, and quickly turned their attention to the officers who witnessed the shooting.

On Monday morning, shortly after Ontario's Special Investigations Unit (SIU) announced it was laying charges against Const. James Forcillo, Sammy's sister Sarah tweeted: "Good morning JUSTICE."

Later, Yatim's family released a statement saying they were relieved by the charges and called for further investigation into "the supervising police officer(s) and the other officers in attendance for their lack of intervention."

On July 27, Yatim, 18, was shot multiple times and Tasered after he appeared to have brandished a knife and exposed himself as passengers fled from the streetcar.

The SIU investigated only Forcillo and did not lay charges against any other officer, including a sergeant who appears on video to have Tasered Yatim after he'd already been shot and fallen to the floor.

That's enough evidence for police to support an assault charge themselves, according to lawyer Peter Rosenthal, who has represented the families of a number of people who've been killed by police.

Rosenthal would also like to see consequences for the officers who didn't appear to use any de-escalation techniques.

"In my view, it's up to the police chief to discipline the police officers who don't follow the de-escalation training they're given, whether or not they're guilty of criminal charges," he said.

Not enough Tasers?

- Ontario policy states only sergeants — not all frontline officers — should carry Tasers.
- According to Police Chief Bill Blair, allowing officers to be armed with Tasers may be one of the recommendations contained in the review he has requested.

Al Jazeera aims to shake up U.S. broadcast news

New York. As network launches in America, it promises to offer more journalism — and less yelling — than rivals

KIERON MONKS
Metro World News

The New York offices are quiet, with barely a sign of the new owners and the revolution they are promising. But Al Jazeera America's Tuesday launch into more than 40 million homes could potentially transform the country's media landscape.

"U.S. news is driven by a different mandate — to reach the widest audience with the shallowest coverage," Joie Chen, former CNN and CBS news anchor, told Metro. Chen is just one of an all-star team assembled by AJA — backed by the endless wealth of the network's owners, the Qatari royal family — and in many cases poached from rivals.

Joie Chen, a former CNN and CBS anchor who will work for Al Jazeera America. COURTESY AL JAZEERA AMERICA

"It's very different here. We are doing in-depth investigations that treat journalism with idealism, and we are telling stories that have been ignored," says Chen, explaining why she joined the broadcaster.

The channel will occupy a more serious niche, according to acting CEO Ehab Al Shihabi, who has promised less opinion, less yelling and fewer celebrity sightings. Bureaus are to be established in unglamorous locations such as Tennessee, and there will be less than half the advertising shown by rivals.

The launch is the culmination of a multi-year campaign from the leading Arab broadcaster to get on American airwaves. A decade ago it would have been unthinkable, when Al Jazeera was best known in the U.S. for screening messages from Osama bin Laden.

You owe me, Zuckerberg

Programmer hacks Facebook CEO's page to prove point

After discovering a privacy bug on Facebook, unemployed Palestinian programmer Khalil Shreateh said he just wanted to collect the $500 US bounty the social network offers to those who voluntarily expose its glitches.

But when Facebook ignored his first two reports, Shreateh took his message to the top — and hacked into CEO Mark Zuckerberg's personal page to prove his point.

The stunt cost the 30-year-old the bounty, but earned him praise — and numerous job offers from around the world — for being able to get to the boss of the world's most ubiquitous social network.

Shreateh said he was initially disappointed by the Facebook response but that after being inundated by job offers, he is pleased with how things worked out.

THE ASSOCIATED PRESS

Market Minute

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YOUR SUBTLE TWEET SOUNDS SNARKY

SHE SAYS

Jessica Napier
metronews.ca

In the seven years since its inception, Twitter has evolved into a multi-purpose communication tool used to break news, start revolutions and bring people together with a simple hashtag. The social-networking site has an immense potential for social change and positivity. Unfortunately it also has a tendency to feel a lot like high school sometimes. There's perhaps no better example of this than the not-so-subtle sub-tweet.

Sub or "subliminal" tweeting is the act of posting tweets that are obviously about someone but not mentioning a specific individual's name or handle. The nuanced construction of the sub-tweet allows social-media users to call out other people in an anonymous and yet very public kind of fashion. Sadly, sub-tweets on the sweet side are few and far between; most are hostile and presumably typed with a middle finger.

For example, Miley Cyrus has been the target of plenty of online criticism lately thanks to the rather distasteful cultural appropriation she's been demonstrating as part of her latest image makeover. Last week she lashed out against one particular critic with this antagonistic sub-tweet: "I know what color my skin is. You can stop with the friendly reminders bitch."

A quick Google search will catch you up on her ongoing Twitter feud with rapper Azealia Banks (though you'll never get those five minutes of your life back) and help illustrate the concept of sub-tweeting. If you're still confused, try browsing through content tagged with #subtweet and you'll find an endless supply of snarky examples.

This passive-aggressive trash talking is popular among angst-filled teenagers and duelling celebrities, and watching these quarrels unfold in 140-character increments can be a guilty pleasure for those of us standing on the digital sidelines. The air of mystery contained in each sub-tweet appeals to gossip-hounds who love drama.

But while broadcasting a backhanded "you know what you did" memo across the Internet is a lot easier than the direct approach, using social media as a platform to engage in personal disputes reeks of cowardice and immaturity. Unlike open and honest communication, this non-confrontational form of confrontation does nothing to resolve issues or right wrongs.

Cheeky pot-stirring is one thing, but if you're actually looking to address real personal issues, then sub-tweeting is never the answer.

Conflict resolution is best done offline and in private, rather than bullying each other from behind the veil of our online avatars.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Hands up! You are under the influence

COURTESY SEATTLE PD

Cops crack down on the munchies

The boys in blue took a break from busting heads at Seattle's Hempfest last weekend to hand out crispy snacks at the iconic Marijuana celebration — albeit with a request to not drive high — taking advantage of the recent legalization. Sgt. Sean Whitcomb explained his mixed-up day. **METRO**

Q and A

Operation Orange Fingers

Did people think this was an undercover sting?
Not many. This festival is not new and we've been around for 20 years. What's new is the change in law and our department is pioneering new and creative ways to reach festival-goers, and we'll keep looking for new ways.

Were you pleased to be able to connect with a previously off-limits section of society?
The idea to find creative ways to reach out has been around a while, and thus was born Operation Orange Fingers.

Will you be able to use this as a model to catch major crooks — like handing out snacks at a fictitious "crack festival"?
You have defined undercover police work.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Podcasts have been a limitless boon for catching up on the news, eavesdropping on intelligent debates or even learning a new skill. But sometimes you just want the yuks. Add these three to your iTunes subscriptions for a steady supply of laughs.

My Brother, My Brother and Me:

When they're not busy indulging in far-afield tangents, the brothers McElroy dispense tongue-in-cheek "advice" to the baffled and confused seeking solutions to their frequently high-concept woes.

How Was Your Week:

The mighty Julie Klausner has a knack for making witty conversation seem effortless. Factor in her consistently excellent lineup of equally breezy guests and before you know it, an hour has slipped by.

The Bugle :

John Oliver just wrapped up a summer ably filling Jon Stewart's chair on The Daily Show, during which time many of us became quite accustomed to his version of mocking the world's news. Thankfully, you can avoid any withdrawal symptoms with a weekly dose of Oliver and Andy Zaltzman drolly riffing on world events.

Twitter

@metropicks asked: Toronto schools will measure students' BMI. How do you think this will affect childhood obesity?

@ThatDonnaGirl: 6 y.os will get fat letters and the American Academy of Pediatrics will wonder why 7 y.os have eating disorders

@Canucklehead_ca: Will just give kids another test to worry about failing. #BMIisTMI

@shopwithandrea: Toronto schools will start weighing students. This will just add to child insecurities. Not sure schools should do this.

@Cavemanbiff: Good nutrition, & fit bodies begin at home, under the guidance of parents.

@RunSoulCycle: Not as much as it will affect their self esteem & development of self concept - schools need 2B emotionally safe & inclusive.

@Zaedum: I think schools should just skip right to making activity and standing and stretching mandatory to learning. Not sitting all day

@HamiltonMetals: A lot of kids going to be off sick that day...

@StephMacHorn: Health Class should teach how to calculate BMI & discuss implications, but centring kids out even more won't help.

Follow @metropicks and take part in our daily poll.

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DVD reviews

Amour

Director. Michael Haneke

Stars. Jean-Louis Trintignant, Emmanuelle Riva, Isabelle Huppert

●●●●●

Michael Haneke's dramatic two-hander, the Palme d'Or winner at Cannes 2012, is a quietly devastating illustration of how tough the "for better or worse" marriage pact can be when "or worse" occurs. An elderly couple (veteran French actors Jean-Louis Trintignant and Emmanuelle Riva) are put to the test when the wife suffers one stroke and then another, robbing her first of speech and then mobility. Together they must find a way to endure as the end approaches. It's one of the simplest and arguably the most passionate films of Haneke's incredible career.

PETER HOWELL

Emperor

Director. Peter Webber

Stars. Matthew Fox, Tommy Lee Jones

●●●○○

Peter Webber accurately depicts Japan's physical and spiritual devastation in the wake of the Second World War's twin nuclear assaults, the firebombing of Tokyo and the nation's subsequent surrender to Allied forces. But the film falls prey to the temptations endemic to historical docudrama: the desire to pack a miniseries' worth of events into one feature-length film.

PETER HOWELL

Lake Bell wrote, directed and starred in the film In a World. CONTRIBUTED

Taking the spotlight

In a World. The voice-over industry gets its time to shine in a little film about family and sexism

Film fans everywhere can identify that movie-trailer voice: A booming baritone that entices viewers with cryptic explanations of the latest upcoming epic.

The business behind such voice work is the backdrop of Lake Bell's new film, In A World, of which she is the writer, director and star.

Real voice-over artists — the men and women who've spent years invisibly announcing the latest Taco Bell temptation, the promise of Firestone tires or upcoming Lifetime programs — say it's good to watch their profession being acknowledged on screen, even if the portrayal isn't perfect.

"It was fun to have that be a thing — that voice-over even got mentioned," said actor Steve Staley after seeing the film. "It was great to see our field get screen time in a realistic way," added Staley, who gives voice to cartoon and video-game characters and commercials.

The film, which expands to more theatres on Friday, begins with images of the most famous voice-over artist ever: Don LaFontaine, whose deep recitation of the phrase "in a world" opened countless movie trailers and made him a multimillionaire.

Since the actor's death in 2008, voice-over artists have vied for his crown, both in Bell's film and in real life. In the film, Bell's character aims to break gender boundaries by competing against the big boys to become the first female trailer voice. But to get the job, she'd have to beat out the reigning king: Her dad.

Things really have changed since LaFontaine's death, voice-over artists said, with most movie trailers now opting to go without any announcer at all. The previews that played before a recent Los Angeles showing of In A World... relied on onscreen text and clips of the actors talking rather than the bellowing "voice of God" to describe the picture.

The industry's marginalization of women is real, too.

"Women, in general, don't do trailers," said Martha Mayakis, a voice-over casting director and coach with TalkShop in Los Angeles. "Women do promos for TV shows."

There really are fewer outlets for female voices, echoed Chuck Klausmeyer, a voice-over artist, director and teacher.

"Women don't get as much copy as the men," he said. "Men are requested more than women for voice-overs for sure, partly because of that deep, authoritative voice that exists."

These experts spotted a few unrealistic elements on screen that everyday viewers would overlook.

Bell's character learns about the movie-trailer gig (for an upcoming "quadrilogy" called The Amazon Games) from a recording-studio engineer. In real life, it would be an agent providing that information. In the film, the engineer also serves as the director, but that's not how real voice-over recording sessions go down.

THE ASSOCIATED PRESS

All in the family

Lake Bell's film, which won a screenwriting award at the Sundance Film Festival, is really about a family that happens to do voice-overs. "It gives a little flavour of what the industry is like," says Martha Mayakis, a voice-over casting director. "It's a sweet little movie... not because of the voice-over angle, but the relationships in the family."

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Salinger project kept hush hush

Like author, like film. Details are still scant on upcoming documentary and book about private writer

For much of the nine years that Shane Salerno worked on his J.D. Salinger documentary and book, the project was a mystery worthy of the author himself.

Code names. Hidden identities. Surveillance cameras. Until 2010, when The Catcher in the Rye novelist died at age 91, only a handful of people were fully aware of what he was up to. Even now, with the release date of the film Salinger less than three weeks away, little is known about a production that draws upon more than 100 interviews and a trove of documents and rare photographs, and that promises many revelations about an author who still fascinates millions.

"I have worked (on) more than 200 documentaries in my career and Salinger was the most secretive and the most intense film I have ever worked on," said Buddy Squires, the film's cinematographer and co-producer who has worked on such Ken Burns documentaries as Jazz and The Central Park Five.

"This film was not run like a film production," said Jeffrey Doe, a co-editor and co-producer. "It was run like a CIA operation. Everything was compartmentalized, top secret and on a need-to-know basis. It was really intense." More than three years after Salinger's death at his New Hampshire home, numerous questions remain unanswered, notably what — or if — he wrote during the self-imposed retirement of his final decades. The new Salinger book and movie are not the first projects ever billed as cracking the Salinger code, and the author's literary estate did not participate. But Salerno has won some important converts.

The Weinstein Company quickly signed up the movie after seeing it earlier this year, as did PBS, which reportedly paid seven figures and will air the documentary in January as the 200th instalment of its American Masters series. Simon & Schuster reportedly paid seven figures for the book, which runs 700 pages and was co-authored by Salerno and David Shields.

The film, which opens Sept. 6, is expected to be shown on more than 200 screens nationwide, a high number for a documentary. The book's planned first printing is for more than 100,000 copies. Salerno, 40, is best known as a screenwriter, with credits that include Savages and a planned sequel for Avatar. THE ASSOCIATED PRESS

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The Word

Summer of George: Prince William talks papahood

His newborn son is "a little bit of a rascal" and car seats can daunt any dad, Britain's Prince William says.

The second in line to the British throne has described his joy at introducing his son to the world on the steps of a London hospital last month — and about his nerves over fitting the car seat securely into the Land Rover before driving off.

William told CNN in his first interview since Prince George's birth on July 22 that both he and the Duchess of Cambridge couldn't wait to show off their son when they emerged from St. Mary's Hospital to meet the world's media a day later.

"I'm just glad he wasn't screaming his head off the whole way through," he said in an interview broadcast Monday.

William was quizzed on a range of child-rearing topics — from baby toys to diapers and sleep deprivation — and acknowledged that his expert performance sliding his child's car seat into the back of the royal four-wheel drive was a well-drilled exercise.

"Believe me, it wasn't my first time. And I know there's been speculation about that. I had to practice, I really did," he said.

William and his wife's assured, do-it-yourself performance in front of the hospital helped cement the couple's image as the modern face of Britain's monarchy. But William said the decision to take his own baby in hand and drive home in the glare of the international press was a way of establishing his independence.

THE ASSOCIATED PRESS

Casper the friendly informant: Lopez's love reveals return to Idol

Jennifer Lopez's boyfriend, Casper Smart, might have beat the American Idol bosses to the punch about news that Lopez will be returning as a judge for the reality competition in January. When asked by E! News if she would be back for the upcoming season, Smart gave a simple, "Yes," though no official word has gone out from the network or producers. Sources close to the show say a deal is close to being finalized,

Jennifer Lopez ALL PHOTOS GETTY

but maybe Smart knows something they don't.

MacFarlane has a new leading lady in her life

Family Guy creator and controversial Oscar host Seth MacFarlane is reportedly dating Pitch Perfect star Alexis Knapp, according to People magazine. "They've known each other and have been friends for years," a source says. "She's very bright and loves science, like him. She's down to earth and sweet."

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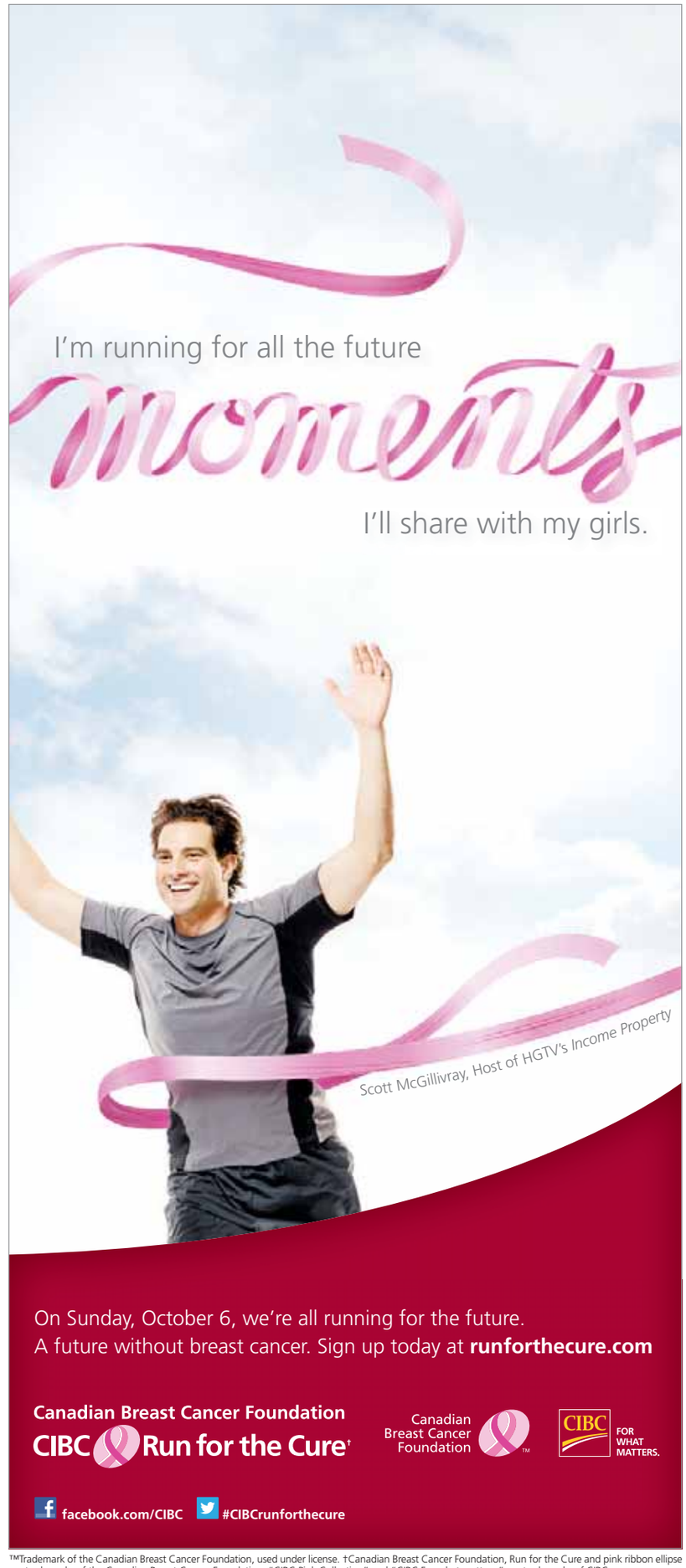
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LIFE 3

The sexy back workout

5 easy moves for a strong, sculpted back by Kim Kardashian's trainer Joey Gonzalez, COO at Barry's Bootcamp.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

Upward row

- Standing on the centre of a resistance band, cross the handles or ends of the band so that the band makes an X in front of you.
- Lift the handles or ends of the band up until they reach the point right under the chin.
- Slowly bring the arms all the way down in a controlled motion.
- Do 30 reps.

Back rows

- In a sitting position, wrap the resistance band around your feet and extend your legs out in front of you. Essentially what you're doing is creating a rowing machine.
- Imagine there's an egg resting on your spine and as you squeeze your shoulders behind you, visualize cracking that egg between your blades.
- Do 30 reps.

Military press

- Standing on the centre of a resistance band, press the handles up over your head, and then come back down to shoulder level in military press position, standing with your arms bent and your hands around about ear level.
- Repeat as many presses as you can in 30 to 60 seconds.

Whale trail

- Lie down on a bench (you want to be on your chest) and hug the front of the bench.
- Using your lower back muscles, lift your legs together at the same time — up and then lower, then down really slowly.
- Do 30 reps.

Side and front raise combination

- Lay down and lift your arms out to the side in a side lateral raise. Now pull your hands together in front and lower your arms down.
- Repeat this for 30 to 60 seconds (do as many as you can) and then move in the opposite direction for 30 seconds.

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Heat up the barbecue for a very cherry twist on pork

One thing most of us don't do nearly enough of is grilled fruit. Not only is grilled fruit crazy delicious — thanks to the intense heat caramelizing all the natural sugars — it also pairs perfectly with savoury meats.

Before starting the recipe, compare the size of your cherries to the size of your grill grates. If the cherries are likely to fall through the gaps, use a grill pan over the grates.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 lbs pork tenderloins
- 1 1/2 tbsp fish sauce
- 1 1/2 cups fresh cherries, pitted
- 2 tbsp canola or vegetable oil, divided
- 1 small red onion, diced
- 3 cloves garlic, minced
- 1 tbsp cider vinegar
- 2 tbsp chopped fresh cilantro
- Salt and ground black pepper, to taste

1. Cut the tenderloin crosswise into rounds about 1 inch thick. One at a time, set each round between sheets of plastic wrap and use a meat mallet to pound to an even thickness of about 1/4 inch.

2. Transfer the flattened pork cutlets to a large zip-close plastic bag. Add the fish sauce, then shake to coat all of the pork. Squeeze the air from the bag, seal it and set side. This step can be done up to 24 hours ahead.

3. When ready to cook, heat the grill to high.

4. In a medium bowl, toss the cherries with 1 tablespoon of the oil until well coated. Carefully pour the cherries onto the grill grates and grill until lightly charred in spots and tender, about 2 to 3 minutes. Use tongs to return the cherries to the bowl. Set aside to cool slightly. Leave the grill on.

5. Once the cherries have cooled, add the onion, garlic, vinegar and cilantro. Mix well, then season with salt and pepper. Set aside.

6. Add the remaining tablespoon of oil to the bag of pork, then shake to coat. Grill the tenderloins for 2 to 3 minutes per side.

7. Arrange the cutlets on 6 serving plates, then top each with some of the grilled cherry salsa. THE ASSOCIATED PRESS

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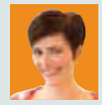

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is not August. It is peach season.

Baskets and baskets of local peaches make their way into my repertoire. They go into everything until I have had my fill, or my mid-September birthday, whichever comes first.

I set my calendar by peach season. It's like the lunar equinox for me. Get the picture? It's pretty peachy.

Here are some ways they make me moon.

- In a gazpacho, they add a golden hue and sweetness. Dunk in boiling water for 15 seconds to remove peel, pull pit and blend in.
- In freezer jam. Don't fuss with gelatin and canning, simply simmer with maple syrup and store in glass jars in the freezer and summer (the verb) all fall.
- Pan fried in butter as a yogurt topping.
- Brushed with butter and grilled as a side dish to fish.
- Slice and freeze wedges on parchment paper on a cookie sheet. Toss into plastic bags once frozen and add to cereal willy nilly ('cause peaches like willy nilly and fuzzy wuzzy).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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How to avoid the 7-day ramen diet

YOUR MONEY
Alison Griffiths
money@metronews.ca

"To eat or not eat, that is the question," emailed Jon Stonehauser, a sophomore at the University of Alberta. "Last year I was broke before Christmas. I'd like to make it to April this year without starving. Any thoughts?"

Jon, it's all about being proactive. Work through these eight steps and you should have enough for three squares until spring.

1. Budget:
There are many student budgets available, but I like the interactive calculator at the Financial Consumer Agency of Canada, fcac-acfc.gc.ca. (Go to choose a life event then paying for post secondary education.)

2. One-time expenses:
Sequester money for tuition, books, etc. right off the top and don't include it in income below.

When funding arrives, deposit one-time expenses for each semester in a separate account or pay it out immediately. The remainder will be used to pay regular monthly expenses and should be deposited in a savings account. If you are working, deposit wages in the same account.

3. Income:
Take what's left after separating number two's costs and divide by the months in school for your monthly income.

4. Needs:
Focus on the essentials first. Where you can't pick an exact figure, groceries, for example, estimate the cost on the budget spreadsheet.

Don't fill in discretionary expenses yet. Your goal is to figure out monthly essentials like food, transportation and rent.

5. Wants:
This category can easily blow up a student budget. Ballpark what you would like to spend on entertainment, clothing and take out. Be honest with yourself.

6. Juggle:
Chances are money out is greater than money in. If so, start cutting expenses or contemplate an income boost. Don't forget to add five per cent for emergencies.

7. Organize:
Once you have a monthly sum for regular expenses, set up a monthly transfer from savings to chequing to cover those costs.

8. App it:
There's no point in budgeting if you don't know where the money is going. MoneyWiz, CoinKeeper, Checkbook HD, Easy Envelope Budget Aid, iXpenseIt and Daily Expense Manager are all highly rated to keep track of your spending throughout the year.

It's not tough. It just takes a bit of time.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

How are you going to make it until April? Budget, that's how. ISTOCK IMAGES

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I recently read a blog where someone was asking, "Is it OK to use a coupon for yourself when in a restaurant with others?"

At first I was a little taken back but then I actually thought about it and feel that there is definitely a conversation here.

If I was entertaining for business or something of great importance, such as meeting my future in-laws, I would not use a coupon of any kind. However there are always exceptions to every rule.

1. If you are going out with your best friend, and say ahead of time "lets go to the ABC restaurant tonight and by the way I have a coupon for buy one main course get the second free" then as long as you share the bill equally and you both benefit from the coupon/discount, then this is absolutely reasonable.

2. If you are going "dutch," where each person pays for their own meal via a separate check, then again, amongst family or close friends I think that this is fine.

But remember, what is not cool is when you go out with a friend and pull out a coupon just for yourself and there is one bill for the entire table, as others will definitely feel cheated or uncomfortable.

Coupons are great! But what's the etiquette for taking pennies off your dinner with friends? ISTOCK IMAGES

ISTOCKPHOTO/THINKSTOCK

AT YOUR FINGERTIPS

TECHNOLOGY ALLOWS STUDENTS TO CONTROL THEIR EDUCATION

Students heading to post-secondary institutions this fall can expect to use more technology in classrooms, take courses or find resources in online environments, and, generally, have more control over their own education, according to recent studies.

Arts, science and business administration remain the top three choices for high school students enrolling in universities. Yet, some provinces face skills gaps in such sectors as professional, scientific, technical, and financial industries, according to a Conference Board of Canada report.

Having a university degree can lead to as much as 20 per cent higher wages in some fields. Yet technological and demographic change, as well as a "mismatch" between the labour market and post-secondary education, may mean graduates don't have the skills they need for today's job market.

Business schools often respond quickly to these studies, says Don Cyr, Goodman School of Business dean at Brock University in Ontario.

"I think the trends are often driven by what employers are looking for, and there's always a lag," Cyr says.

One of the major skills required today is big data analysis, Cyr says, as well as the traditional demand for accounting, financing, and marketing specialists. Critical thinking, global awareness, and similar broad themes are in high demand, as well as strong oral and written communication, collaborative or teamwork skills, and leadership.

Students should also try to gain experience in project work and presenting, he adds. As well, Cyr believes on-the-job training through co-op studies programs and internships is important to show employers a range of work experience.

– Marie Powell

ENHANCING THE EXPERIENCE

When Brett McCollum's students came to class last year, about 80 per cent brought smartphones and tablets with them.

"So the idea is to take the technology they're bringing with them and getting them to use it in an educational way, rather than sitting at their desk and text messaging each other," McCollum says.

The Mount Royal (Calgary) University chemistry professor, a Nexen scholar and one of only 50 Apple distinguished scholars from Canada, asked his 60 students to pair up. Approaching it as a scientist, he divided them into two groups, asking one group to use their tablets, while the other didn't.

Students using the free Molecules app demonstrated a 30 per cent increase in their ability to identify matching compounds, after only 15 minutes of structured tablet use.

"It really becomes a profound tool for us to be able to see the shape of molecules you can't see with the naked eye," McCollum says. He will be expanding on the idea this year.

"Even with the small class sizes, it is impractical to invite every student to work on the board at the front of the room," McCollum adds. "With multiple groups displaying their tablet screens at the same time, we can have class-wide interactive discussions on their work in progress."

The use of tablets in the classroom is one of the top two trends in higher education across the country, according to the NMC Horizon Report, to help students engage with the material and with the process of learning.

– Marie Powell

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By popular demand, and for the first time in the school's history, Native Education College is offering continuing education courses.

Open to the general public, these programs will be offered this fall and some are unique to only NEC.

"The community was asking for these programs, particularly the cultural programs," says Dan Guinan, NEC president.

"We really wanted to utilize our amazing community facility for these courses."

The course list includes professional programing, cultural programing, post-secondary credit courses, and pre-employment training.

Guinan says the 45-hour pre-employment training program aims to assist individuals with a starting place in their journey towards a new career.

Some programs will act as an introduction to their corresponding diploma program, giving students a taste of what NEC has to offer in its full-time programs.

NEC also offers a number of full-time programs, many with Aboriginal focus for Aboriginal students.

All programs have been designed to uphold the values of Aboriginal people and provide them with a quality education in a culturally aware environment.

For more information about Native Education College, or to register, visit necvancouver.org/ContED.

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• Incremental knowledge: This approach results in graduates whose knowledge and exposure surpass that of students in traditional MBA programs.

• Taxonomy: The program's emphasis on advanced level conceptual foundations and analytical skill development prepares students to enter the workforce and advance rapidly toward higher order decision-making positions.

• Leadership: The MBA program has a goal of ensuring that graduates can "lead effectively, especially in an uncertain business environment."

• Diversity: Attracting students internationally, delivering its curriculum worldwide in English, the program ensures the significant consideration of global perspectives.

For more information, visit nyit.edu/Canada, email vancouverinfo@nyit.edu, or call 604-639-0942.

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"Our programs are all hands-on because that is what you need in these fields," says Martin Constable, director of London School of Hairdressing & Aesthetics. "We make sure our students are ready for work when they have completed our programs."

Constable says it's important to train students for jobs they will be getting after completing one of their courses. For example, although many students have dreams of doing makeup for the movies, Constable says that is a "pipe dream" and not reality for a majority of students.

London School offers courses in hairdressing, aesthetics, nail technology, and old school barbering.

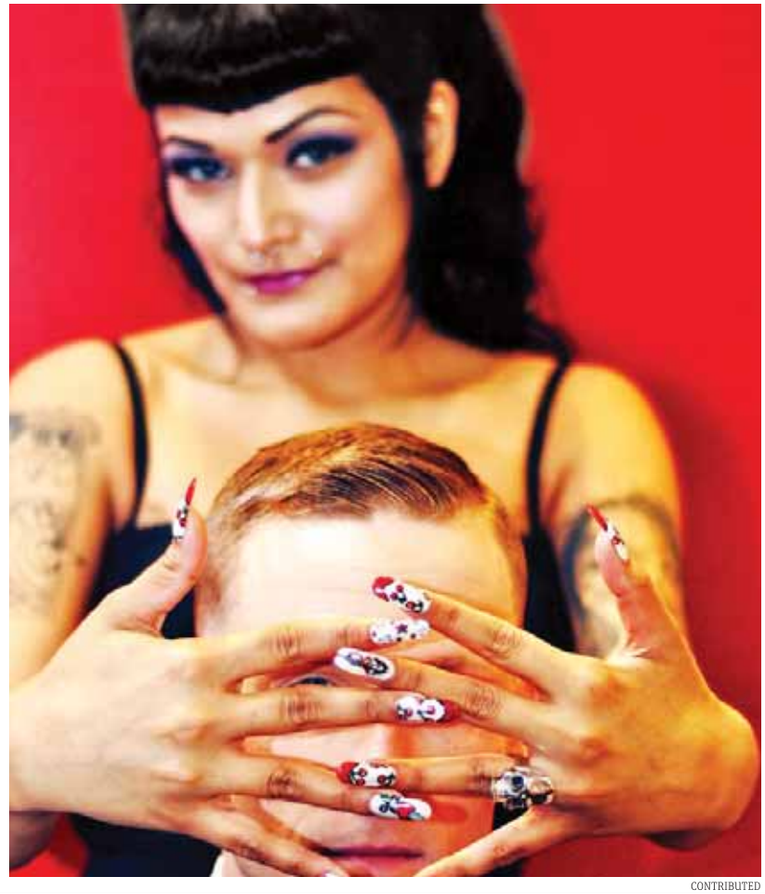
"We are very careful to make sure our programs are really comprehensive and we make sure we cover everything," Constable says. "We have people who come from other schools who come to us to learn the things they did not learn."

And once students have completed the course, Constable says the school is always there for its students, whether it is helping them find a job, helping them finish work they may not have finished in the allotted time, or be there for them if they need to come back for additional skills.

"If students need a bit of extra time, we will help them stay on," Constable says. "Whatever it takes."

Because all of London School's programs are accredited, students are eligible for student loans.

For more, visit londonschool.ca.



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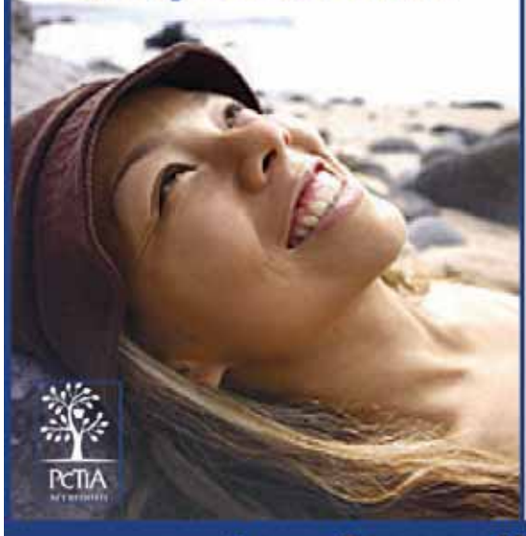

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For further information, contact
Admissions Office, COLUMBIA COLLEGE
438 Terminal Avenue, Vancouver, British Columbia V6A 0C1
Tel: 604-683-8360 Fax: 604-682-7191
Email: admin@columbiacollege.ca
Web: www.columbiacollege.ca

PERFECT SETTING

NEW CAMPUS AT COLUMBIA COLLEGE

CONTRIBUTED

There is no better way to get a fresh new start on your educational goals than in a new campus at Columbia College.

This custom-designed building located just east of downtown Vancouver and near the SkyTrain, provides new and improved facilities to students, including state-of-the-art classrooms, laboratories, an excellent library, and food services.

It's the perfect setting to head back to school to study one of Columbia College's university transfer and associate degree programs, university foundation programs, and ESL and English preparation programs.

"Our college offers six different university transfer programs and these programs allow students to study at Columbia College for their first and second year before transferring to a university to complete their degree," says Stephenie Andal, admissions officer, Columbia College.

Columbia College offers small class settings, a vibrant international atmosphere, and the classes that students require in order to enter into leading universities such as the University of British Columbia, Simon Fraser University, and the University of Victoria, along with other major universities across Canada.

Andal says statistics show that a large number of Columbia College students gain admission to university, and Columbia College graduates have an above-average university graduation rate.

Applications are still being accepted for the Sept. 3 intake.

For more, visit columbiacollege.ca.

EXPLORE NEW POSSIBILITIES AT CANADIAN TOURISM COLLEGE

For those looking for a bit more fun and adventure in their career, explore the possibilities of a career in tourism and hospitality.

A career in the tourism and hospitality industry is not just a job, or routine, but can provide an opportunity to work and travel the world instead of sitting at home.

According to Canadian Tourism College, tourism generates more than $9 billion in revenue for the province of B.C. every year.

Tourism is the third largest export industry and second largest resource industry in British Columbia, which has more than 18,000 tourism-related businesses.

The tourism and hospitality industry will be a leader in provincial job growth as businesses look to fill 101,000 new job openings by 2020, according to a study of labour demand and supply by go2, the B.C. Tourism industry's human resource association.

Canadian Tourism College offers a number of programs to get you started in this growing and exciting industry.

CONTRIBUTED

Once students complete their education, Canadian Tourism College graduates have been known to have an employment success rate of more than 90 per cent in finding jobs within the industry.

For more, visit tourismcollege.com.

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INTEGRAL PART OF HEALTH CARE

The acute care aide diploma at Pacific Coast Community College offers students the training necessary to enter the health-care industry with the practical, hands-on experience for which employers are looking.

"At Pacific Coast Community College we train the care aides and community health workers that are the front-line care providers in a variety of institutional and community settings, including both home support agencies and residential care facilities," says Scott Jeary, president, Pacific Coast Community College. "They are an integral part of our health-care system."

The acute care aide diploma includes a six-month co-op in the middle of the program, where students will be paid at an industry level.

Pacific Coast specializes in delivering health sciences curriculum to domestic and international students, leading to a job and career in the high-growth health-care sector by integrating labs and clinical practicums directly into the training program, followed by a paid monitored co-op work experience specific to the student's field of study.

Programs include acute care aide diploma (15 months, six months co-op), health-care assistant certificate (27 weeks), and acute care skills for health-care assistants certificate (eight weeks).

For more information about the acute care aide diploma, visit pacificcoastcommunitycollege.com.

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GREYSTONE CENTRED AROUND STUDENTS

CONTRIBUTED

Welcoming students from all over the world, Greystone College is proud to be a quality education provider, producing successful graduates in Vancouver.

"It is really all about the students," says Richard Novak, director for Greystone College. "We are a very student-centred organization."

The college has been providing a quality education for more than 10 years and offers a number of resources and supports to ensure student success, including assisting international students with finding a place to stay or adapting to Canadian culture.

"They can bring their reality into their learning environment to make their learning relevant to them," Novak says.

Offering a number of programs in the fields of business, teaching, hospitality, and co-op programs, Greystone says anytime is a good time to start a program.

The career programs are affiliated with top-ranked industry associations that assure Greystone graduates of worldwide recognition and include TESL Canada, Cambridge & ESOL TKT, Canadian Institute of Management, and American Hotel and Lodging Association's Educational Institute.

Greystone College is a member of the National Association of Career Colleges and the British Columbia Career Colleges Association. Greystone College Vancouver is registered and accredited by the Private Career Training Institutions Agency.

For more information about Greystone College, visit greystonecollege.com.

HANDS-ON TRAINING AT LANGARA COLLEGE

CONTRIBUTED

Take having a hands-on career to a whole new level by training for a career as a registered massage therapist (RMT) at Langara College.

"This is the only such program offered at a public, post-secondary institution in British Columbia," says Daniel Thorpe, dean, continuing studies, Langara College.

"Its curriculum has been developed in co-operation with the College of Massage Therapists and graduates will qualify for certification by the college as massage therapists."

The RMT program is a two-year, full-time program open to Canadian and international students.

"Since graduates are certified by the College of Massage Therapists, the governing body for massage therapy in Canada, they will have a very portable and well-recognized qualification that attests to their ability to work in this field," Thorpe says.

Trained therapists may go on to work in medical clinics, spas, wellness facilities and as adjuncts to sports teams. Other therapists will go on to start their own practices.

Langara is a two-year academic transfer college located in Vancouver and also hosts the largest and most successful continuing studies department in B.C., which provides lifelong learning opportunities to approximately 10,000 students per year.

For more, visit langara.bc.ca.

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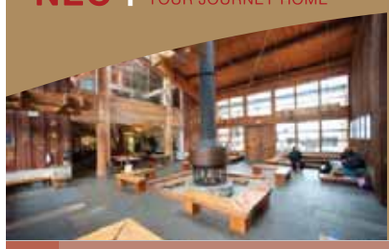

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DEVELOP A BROAD RANGE OF SKILLS

AT SPROTT SHAW

Children are like sponges, absorbing knowledge and growing smarter each and every day.

Help be part of this learning journey for children through one of the early childhood education programs at Sprott Shaw College.

"These students will become nurturing and understanding caregivers/educators and, along with positive guidance and caring, will implement these carefully selected materials and activities to help promote social, emotional, physical, cognitive, and early literacy development in each child," says Sam Almadidy, regional director of admissions, Sprott Shaw College.

"Students will develop a broad range of skills through the study and practice of our certified and approved courses so that they will be able to not only develop and lead daily activities for children, but also help children develop good habits in learning and in life."

This program gives students the skills and occupational competencies necessary in the industry today based upon the Ministry for Children and Family Development-approved curriculum.

Available as a diploma program, students will not only hit the books, but will learn to have some fun through exciting activities, including storytelling and fingerplays, music and movement, songs and games, creative arts and crafts, science and nature opportunities, along with many other activities that support children's development and learning through play.

At the end of this program, students will have developed a broad range of skills through the application and understanding from a number of learning outcomes.

Sprott Shaw College also offers no-cost refresher and upgrade courses, as well as the use of its global career centre for assistance in finding employment for all alumni.

Sprott Shaw College offers 13 locations across B.C. to serve individuals.

For more about the early childhood education program at Sprott Shaw College, visit sprottshaw.com.

SPORTS 4

Former Whitecap Dunfield back on Vancouver pitch

MLS. Scorer of 2nd goal in team history practises with squad, but a return to Caps is unlikely

CAM TUCKER
cam.tucker@metronews.ca

There was a familiar face at Vancouver Whitecaps training to begin the week.

Terry Dunfield, a Vancouver native who scored for the Whitecaps in their inaugural Major League Soccer match in March 2011, was on the pitch at UBC for Monday's session.

Dunfield, a 31-year-old midfielder, was waived from Toronto FC in June. He's coming off a meniscus injury and has been rehabbing at Fortius Sport and Health in Burnaby.

He mentioned that joining the Whitecaps for training is the next step in his recovery, though he couldn't escape questions about a possible comeback to professional soccer and whether that might happen in Vancouver.

"I'm just coming back from a small meniscus injury," Dunfield said, "and I'll train for a couple of weeks and then see where we're at."

It seems any possible comeback to professional soccer for Dunfield won't be happening in Vancouver.

"Just helping him out. He's looking to get back to fitness," said Whitecaps head coach Martin Rennie.

Asked if the club would take a look at Dunfield once he was fit, Rennie added: "No, I don't think so. We're pretty happy with the players we've got."

Dunfield scored the Whitecaps' second goal in MLS, but he was traded mid-season in July to Toronto FC.

After just four games played and no goals this season with Toronto, the Reds waived him.

"The club chose to go in a different direction and you can't dwell on it too long," Dunfield said.

However, Dunfield insists he still wants to play professional soccer.

"One hundred per cent. At the minute it's just concentrating on getting stronger and yeah, I definitely want to get back playing," he said.

He was asked if he would look at an offer from the Whitecaps, should one come his way.

"That's something we'll cross if we get there," he said.

Back on the field

"At the minute it's just concentrating on getting stronger and yeah, I definitely want to get back playing."

Vancouver native Terry Dunfield on a return to pro soccer after a meniscus injury

Former Whitecap Terry Dunfield was waived this year from Toronto FC, but hopes to return to pro soccer. JAMIE SABAU/GETTY IMAGES FILE

Rookie kicker hustling his way up Lions' ranks

Steve Shott is not giving up his day job as he pursues his CFL dream one more time with the B.C. Lions.

And that's a good thing, because the Lions (5-2) will again be relying on veteran Paul McCallum when they visit the struggling Montreal Alouettes (2-5).

Shott, a rookie kicker who had his first workout with the Lions on Monday after being added to the practice roster, will continue to work for Shaw Communications, helping customers over the phone, while he serves as McCallum's latest understudy.

Waiting for his shot

"I think they see potential in me. (It's) just basically up to me to work hard to meet those expectations."

Kicker Steve Shott

"I keep working part-time for now, just so I can keep my job in the off-season," said Shott at the Lions' practice facility.

The Lions released Shott, who came up through the junior ranks with the Kelowna-based Okanagan Sun, in the pre-season. But they decided to give the 23-year-old North Vancouver native another shot after parting ways with Hugh O'Neill last week following his two-plus seasons as B.C.'s kicker-in-waiting.

The Lions punted O'Neill, a 23-year-old Edmonton native who signed with his hometown club Monday, after they could not come to terms on a contract extension. The new Lions kicker was aware that O'Neill planned to become a free agent in February and had an inkling he could be back with the Lions this season.

Shott kicked after Lions practices at their facility with tutoring from former Montreal Alouettes legend Don Sweet, who assists kickers privately and also serves as a consultant for the Lions.

"I was always kind of talking with them a little bit," said Shott, who declined an offer to join the UBC Thunderbirds just before their training camp started Friday.

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Horoscopes

♈ Aries
March 21 - April 20
Forget what others expect of you and do something that makes you feel good. It doesn't have to be anything special — a walk in the sunshine could be all it takes to give you a new perspective on life.

♉ Taurus
April 21 - May 21
Decisions about financial matters should be put off to another day. There is really no point wasting time worrying about how to make ends meet. You know it will all work out.

♊ Gemini
May 22 - June 21
Go out of your way to co-operate with people today, even with those who have been less than co-operative with you in the past. What happened yesterday or the day before is of no concern.

♋ Cancer
June 22 - July 23
Mars remains in your birth sign only until Aug. 28, so you have just over a week to make use of its powers. You cannot do everything at once but you can do something at once — so start doing it now.

♌ Leo
July 24 - Aug. 23
You've been struggling against forces you cannot defeat. As the Sun comes to the end of its annual cycle through your chart, you will realize there is no point struggling anymore.

♍ Virgo
Aug. 24 - Sept. 23
Think ahead but don't make too many plans because the Sun's change of signs on Thursday could shake things up. Besides, good ideas should always have time to simmer.

♎ Libra
Sept. 24 - Oct. 23
Stop rushing around and take time to chat with people you meet. Everyone has a story and one in particular could be of significance. If you learn something new, don't be afraid to use it to your advantage.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun moves in your favour on Thursday but before then there is a full moon in a particularly sensitive area of your chart. That means you must either finish a task right now or give up on it.

♐ Sagittarius
Nov. 23 - Dec. 21
Be free with your opinions, even if not everyone is happy to hear them. You are entitled to your viewpoint. At least, unlike some people, you appear you have one.

♑ Capricorn
Dec. 22 - Jan. 20
Be nice to people today, even people you can't stand the sight of. It doesn't take much to smile and, who knows, it may have a positive impact when next you meet. Stranger things have happened.

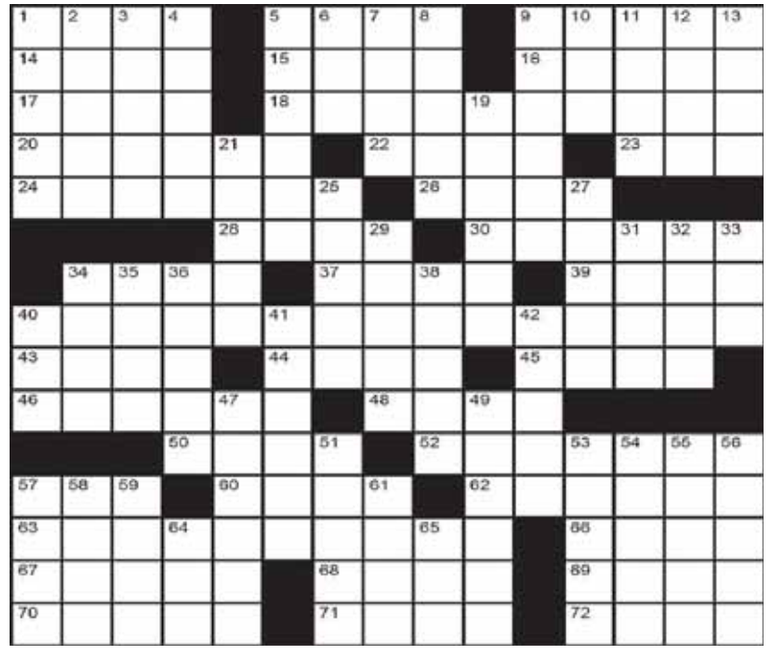
♒ Aquarius
Jan. 21 - Feb. 19
A loved one could say something hurtful today but you must not take it to heart. Either they are being too extreme or you are being too sensitive. Either way, blame it on the approaching full moon.

♓ Pisces
Feb. 20 - March 20
A grumpy person will make you listen to their complaints today. Smile sweetly and pretend you see their point and feel their pain. Then escape as quickly as you can. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

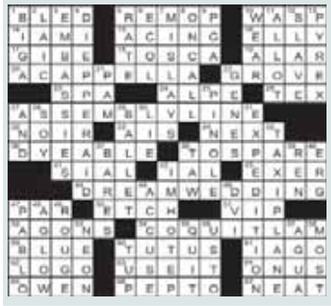
BY KELLY ANN BUCHANAN



Across
1. British raincoats, nicknamed
5. Woofs!
9. Like non-glossy makeup
14. Border on
15. May, in Lisbon
16. Boo-boo
17. Finale, in music
18. EPCOR CENTRE for the __ Arts, in Calgary
20. Cite as evidence
22. Tea type, __ Grey
23. Opera classic: "O Sole __"
24. Saskatchewan city southeast of Regina
26. Saloon slurp
28. Cat's cry!
30. Really tick off
34. Montreal-born singer of "Come to Me", France __
37. Kind of history
39. New York's Madison, et al.
40. "One Week" band from Scarborough, ON: 2 wds.
43. __ the Terrible
44. #43-Across, for one
45. 'Kind' suffix
46. Las Vegas hangout
48. Canadian figure skating great Mr. Browning
50. Convent denizens
52. Name of the MTV video music award
57. Crunched muscles, for short
60. Hoover Dam lake
62. Unspecified individual
63. __ House, Saskatchewan
66. Pond 'plant'
67. More right sounding
68. Ancient Roman's 2002
69. Retreat
70. Repetition mark, in music
71. Music's Ms. Murray
72. God of war in Greek mythology

Down
1. Parrot
2. Home
3. Blue Rodeo singer Jim
4. Baseball great Rusty
5. Unit of electric†current
6. Arctic explorer, John __
7. NBC's "Chicago __"
8. Couches
9. Arthurian wizard
10. Sleeve
11. Clip
12. Author Ms. Morrison
13. Consequently
19. Animal Farm author George
21. Curry powder ingredient
25. Secluded spots
27. Mark
29. Make mayhem, with Havoc
31. Car rental company
32. The Bee __
33. Curved letter
34. Second Cup serving, hip-style
35. Komodo dragons
36. Russian leader, b.1870-d.1924
38. Tight as _ __
40. Lighters brand
41. Somebody penitent
42. 19th-century composer Mr. Bruckner
47. __ uno!
49. Rock tour gig
51. Actress Ms. Hayek
53. Spiral-horned antelope
54. Tooth type
55. Actress Ms. Harmon
56. Approaches
57. Stars in movies
58. Hockey great, Pavel __
59. Self-satisfied
61. Curse
64. __ Folds Five
65. Author, Anais __

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		1		3		5	
		2	9		8	7		
	9	5				8	6	
			2		6			
9								6
			3		4			
	1	7				5	2	
		4	8		2	3		
	8		7		5		1	

Yesterday's Sudoku

1	3	5	9	6	7	4	2	8
4	9	2	8	1	3	6	7	5
6	7	8	4	2	5	9	3	1
8	1	7	2	3	6	5	9	4
3	4	6	5	9	8	2	1	7
5	2	9	1	7	4	3	8	6
7	5	4	3	8	2	1	6	9
2	8	1	6	4	9	7	5	3
9	6	3	7	5	1	8	4	2

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Wednesday
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